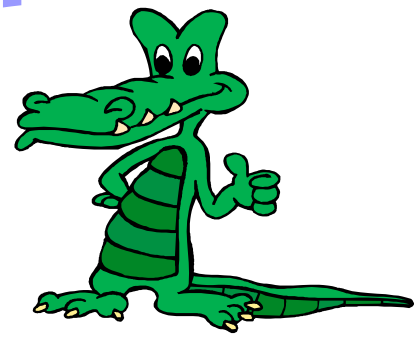
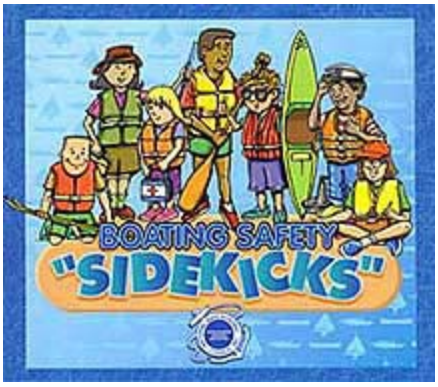
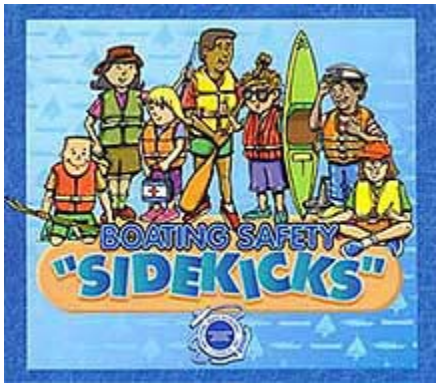
THE SAFETY GATOR



Summer 2005

16th Edition
Editor: Don Shipley





Boating

Boaters! Before Getting Underway: **Know your boat and know the rules of the road. Take a safe boating course.**

- Check your boat for all required safety equipment.
- Consider the size of your boat, the number of passengers and the amount of extra equipment that will be on-board. DON'T OVERLOAD THE BOAT!
- If you will be in a power boat, check your electrical system and fuel system for gas fumes.
- Follow manufacturer's suggested procedures BEFORE starting up the engine.
- Wear your life jacket – don't just carry one on board.
- Leave your alcohol behind. Work to increase your safety, not increase your risks!
- Check the weather forecast.
- File a float plan with a member of your family or friend.

Swimming

Since most drowning victims had no intention of being in water and since most people drown within 10-30 feet of safety, it is important that you and your family learn to swim.

Please remember:

Never rely on toys such as inner tubes and water wings to stay afloat.

- Don't take chances, by over estimating your swimming skills.
- Swim only in designated swimming areas.
- Never swim alone.

Drowning Fatalities: Each year, approximately 6,000 people drown in the United States. Drowning is the SECOND leading cause of accidental deaths for persons 15-44 years of age.

What is really surprising is that two-thirds of the people who drown <u>never had an intention of being in the water!</u>

Divers!

Never dive into lakes and rivers...the

results can be tragic. Every year, diving accidents result in more than 8,000 people suffering paralyzing spinal cord injuries and another 5,000 dying before they reach the hospital. All too often, hidden dangers lurk beneath the surface of the water, including rock outcrops or shallow water.

Watch Small Children!
Each year about 200 children drown and several thousand others are treated in hospitals for submersion accidents, accidents which leave children with permanent brain damage and respiratory health problems.

Remember, it only takes a few seconds for a small child to wander away. Children have a natural curiosity and attraction to water.

Alcohol- The Fun Killer.

It's a fact, alcohol and water do not mix! Unfortunately, many people ignore this and each year about 3,000 of them are wrong…dead wrong! More than half of all the people that drown had consumed alcohol prior to their accident.

Being intoxicated is not necessary for alcohol to be a threat to your safety. Just one beer will impair your balance, vision, judgment and reaction time, thus making you a potential danger to yourself and others.

Research shows that four hours of boating, exposure to noise, vibration, sun, glare and wind produces fatigue that makes you act as if you were legally intoxicated. If you combine alcohol consumption with this boating fatigue condition, it intensifies the effects and increases your accident risk.

So remember, don't include alcohol in your outing, if you planning to have fun in, on, or near the water.

Cold Water Survival!

Your life may depend on a better understanding of cold water. Many suspected drowning victims actually die from cold exposure or hypothermia.

Hypothermia is a condition in which the body loses heat faster than it can produce it. Violent shivering develops which may give way to confusion and a loss of body movement.

If you fall in the water, in any season, hypothermia may occur. Many of our nation's open waters are mountain fed, and water temperatures even in late summer can run low enough to bring on this condition under certain conditions. It's important to remember:

- Don't discard clothing. Clothing layers provide some warmth that may actually assist you in fighting hypothermia. This includes shoes and hats.
- Wear your life jacket! This helps hold heat into the core areas of your body, and enables you to easily put yourself into the HELP position. HELP (Heat Escape Lessening Posture) by drawing limbs into your body; keep armpits and groin areas protected from unnecessary exposure – a lot of heat can be lost from those areas, as well as the head.

Pool Safety

A swimming pool is the centerpiece of any backyard resort. Don't let it become a hazard. Pools are cited in up to 90 percent of all drownings involving kids under 4. Most kids who have drown in backyard pools were with one or both parents less than 5 minutes before the accident.

Here are some tips:

Fence in your pool and lock the entrance so kids can't get in without you. The pool's fence should be 5 feet high and it should isolate the pool from the rest of the yard and from the house. A fence reduces the risk of drowning by 60 percent.

Remove toys from inside and around the pool after use so they don't lure kids poolside.

Drain portable wading pools immediately after use.

Keep a telephone near the pool at all times with "911" clearly visible.

If you see someone drowning:

Call 911 immediately and alert another person.

Depending upon how close the person is, throw a floatable object to them, or extend a rope or a pole to them and pull them to safety.

If you are a good swimmer and the above option did not work, enter the water, and bring a floatation device strong enough to support you both. Position the device so that it stays between you as you float to safety.

Beach Safety

Beaches are synonymous with summertime. Here are tips to help you ride the waves without worry:

Only swim at beaches with lifeguards present.

Catch a weather report before you go out. Stay out of the water if strong winds or a storm is predicted.

Pay attention to where you are on the beach. Stay within the sights of a lifeguard and within the area designated for swimmers.

Follow all beach rules and regulations. They're there for your protection.

If you use floatation devices, take care to always be in control of them. You don't want to drift far from shore.

Currents can change quickly. If you are not an expert swimmer,

stay close to shore or in waist-level water.

Be on guard for large waves, rip tides/undertows and hazardous animals, such as jellyfish.

If you see someone drowning:

Alert a lifeguard immediately.

Depending upon how close the person is, throw a floatable object to them, or extend a rope or a pole to them and pull them to safety.

If you are a good swimmer and a lifeguard is not available, enter the water, and bring a floatation device strong enough to support you both. Position the device so that it stays between you.

First Aid: Swimmer's Ear

If someone you know is prone to swimmer's ear, take the following precaution:

Mix one part rubbing alcohol (dries the canal) and one part white vinegar (inhibits bacteria). Put several drops of the solution into each ear immediately after a swim and again two hours later.

Do not use if there is a tube in the ear for drainage or a hole in the eardrum.

Is it an infection?

Severe pain, impaired hearing, white or yellowish-green discharge from the ear, fever or swollen glands are all signs of infection that can be treated with antibiotics.

Jellyfish

If you've ever felt the sting of a jellyfish, you know to steer clear. These graceful ocean dancers can ruin the best of beach days.

Jellyfish are common in all waters and the dreaded Portuguese man of war has occasionally found its way into the New England area. The man of war is distinguished from other jellyfish because of its large float, which may appear pink, blue or purple. Man of war tentacles can be as long as 165 feet.

Each jellyfish tentacle can house millions of stinging cells, called nematocysts, which eject a barbed thread and sometimes poison. Contrary to popular belief, jellyfish do not consciously sting; barbs are automatically released when an object comes in contact with the cells. Dead jellyfish can also be hazardous to beachgoers.

Jellyfish stings can be serious, but are seldom fatal. Usually symptoms include a burning sensation, redness and welts,

and swelling of the lymph nodes. In rare cases, a jellyfish sting may induce anaphylactic shock and require hospitalization.

If you are stung by a jellyfish:

Immediately alert the lifeguard on duty, who is trained in first aid and can call for assistance if necessary.

Brush off any tentacles using an object, do not use your hands unless you are wearing gloves.

Pour vinegar over the wound to disable the stinging cells. If vinegar is not available, rinse the wound with sea water or saline solution.

(Research suggests that this may reduce the chance of the cells continuing to sting, as compared to rinsing the wound with fresh water.)

Ice the area to minimize pain.

Out to Sea: Rip Tides

A rip tide, or undertow, is a small but strong channel of water moving out to sea. Rip tides are characterized by darker, deeper and foamier water, sometimes with floating debris. The area where the rip is is usually calm with a rippled surface and smaller waves.

Rip tips:

If you get caught in a rip tide,

Stay calm, and do not swim directly against it.

If you are a strong swimmer, swim parallel to shore until you are past the current, and then swim toward the shore.

If you are a weak swimmer, signal to the lifeguard and either float with the current or continue to tread water until help arrives.

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Seeing Red?

Red tide may make swimming unpleasant, but is it really a health hazard? Only if you make your own Shore Dinner, say tide experts.

What we call red tide is actually a "bloom" of algae in our waters. Most red algae species are not hazardous to swimmers, but a few pose a threat to shellfish eaters. Shellfish, including clams, oysters, quahogs, mussels and scallops, filter the water around themselves in order to find food. In the process, they may ingest algae that is harmful to humans. The algae's toxin becomes concentrated in the shellfish. A single oyster can filter up to 7 gallons of water per hour. Non-filter feeders, such as lobsters, crabs and shrimp, are not affected by red tide blooms.

In New England, shellfishing waters are routinely screened for dangerous levels of the algae, and strict laws prohibit fishing in algae-prone areas. Digging for shellfish in illegal areas carries hefty fines and potential health risks. If the red

tide is especially thick, beaches may be closed to protect swimmers.

The best advice is that if you are unsure of where a shellfish has come from, don't eat it. No amount of cooking will make it safe.

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Beware of Bivalves

Filter feeders are the culprits in some of the worst forms of food poisoning. These shellfish draw water in and filter their food from it. In the process, they may ingest poison-producing algae.

Food poisoning from shellfish can be fatal. Brush up on your bivalves and reduce your risk.

Can be affected (filter feeders)**:**	**Won't be affected** (non-filter feeders)**:**
clams	lobsters
oysters	crabs
quahogs	shrimp
mussels	
scallops	

Protect Yourself

If you are unsure of where a shellfish has come from, don't eat it. No amount of cooking will make it safe.

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BBQ SAFETY

Propane Grills

Start the season by first giving your barbecue an inspection and remember to do this every time you change a propane tank as well.

Spray soapy water on the connections, and supply lines. If bubbles form you have a leak, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure you have an even flame throughout. If you don't have an even flame, replace the burner. Most burners only last 1 or 2 seasons, depending on how much use your barbecue has received.

Since you already have the lava rock out, why not clean out the ash and grease that has accumulated on the bottom of the barbecue. Also, check out

the bottom for rust and any signs of deterioration.

Remember to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue….

Make sure that the barbecue is at least 5 feet, or better yet 10 feet from the house, or any other material that could catch fire. Every year we read reports of house fires started by someone barbecuing on the deck with the grill up next to the house.

Only open the propane tank a quarter to one-half turn. That is all the gas the barbecue needs to operate, and if you do encounter a problem then it is much quicker to shut it off.

Always open the barbecue lid before you light it. If your barbecue doesn't fire up the first time you try it, then shut it off, and try it again in about 5 minutes.

Stay with your fire, from the time you first light the barbecue till you are finished cooking. Accidents can happen when you leave a barbecue unattended.

Always make sure that the barbecue is in a safe place, where children and pets won't touch or bump into it. Remember that the barbecue will still be hot even after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter don't leave it lying around where children can access it. It doesn't take a genius, or an adult, to figure out how to use one.

When finished barbecuing, Remember to shut off the propane tank as well as the barbecue.

Charcoal Grillers

Safety Tips:

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.
- Let the lighter fluid soak into the coals for a minute or so before lighting. This will give the explosive vapors a chance to dissipate.
- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.
- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.
- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.
- Always extinguish the coals when you are finished barbecuing. Here is a safe way to do it: Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a pail of water.
- Always make sure that you keep your fire safe from children and pets.

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======HEAT=======

Dehydration

Dehydration is another major reason for trips to emergency rooms during summer months. It is imperative for people to keep themselves well-hydrated—especially children and the elderly—and water is the beverage of choice. The body needs lots of extra water during hot weather as fluids are depleted more frequently through sweating. Drinking eight to ten 8-ounce glasses of water on a daily basis is recommended year-round. Even more is required during the summer months, and especially before, during, and after any strenuous activities. Make a habit of carrying a small portable cooler filled with containers of water in your car. This will ensure no risk of dehydration and curb the temptation to fill up on carbonated and sugary drinks instead.

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How To Recognize, Treat and Avoid Heat Exhaustion

Heat exhaustion can happen to anyone in the heat of the summer. Here's how to recognize it and how to handle it.

Here's How:

1. If a person has heat exhaustion, he/she may be weak or tired.
2. If a person has heat exhaustion, he/she could collapse.
3. If a person has heat exhaustion, he/she could appear pale.
4. If a person has heat exhaustion, he/she could have clammy skin.
5. If a person has heat exhaustion, he/she could be sweating profusely.
6. If a person has heat exhaustion, his/her temperature could be normal or high.
7. Get the person out of the sun.
8. Have the person lie down.
9. Loosen or remove clothing.
10. Fan the person or apply cool water to the person's body to lower the temperature.
11. Give the person electrolyte beverages, like Gatorade, or small sips of salt water.
12. Do not give any drugs, alcohol or caffeine to the person.
13. Watch the person closely. If the person's condition does not improve in a little while, call a doctor.
14. To prevent heat exhaustion, wear light, loose fitting clothes and a hat in the sun.
15. To prevent heat exhaustion, drink a lot of water (even if you don't feel thirsty).

Tips:

1. Understand the difference between heat exhaustion and heat stroke. The first aid is different for each.
2. Do not ever leave a child or a pet in your car in the spring or summer in Arizona. Not even for a minute. Not even with the windows open.
3. Every year children and pets die in Arizona in cars. Please take tip #2 above seriously.

How to Recognize, Treat and Avoid Heat Stroke

Also called sunstroke, heat stroke is a very serious, life threatening

condition. Here's how to recognize it and how to handle it.

Here's How:

1. If someone's body temperature reaches 105 degrees, they could have heat stroke.
2. If a person has heat stroke, the person probably isn't sweating much.
3. If a person has heat stroke, the skin will be hot and red.
4. If a person has heat stroke, the person may be dizzy or nauseous.
5. If a person has heat stroke, his/her pulse may be rapid.
6. Immediately call a doctor.
7. Get the person out of the sun.
8. Take off the person's outer clothing.
9. Apply cool water or apply cold packs to the person's body to lower the temperature.
10. If the person is conscious, provide small sips of salt water.
11. Do not give any drugs, alcohol or caffeine to the person.
12. To prevent heat stroke, wear light, loose fitting clothes and a hat in the sun.
13. To prevent heat stroke, drink a lot of water (even if you don't feel thirsty).
14. To prevent heat stroke, take in a little more salt than usual with meals. This helps retain water.

Tips:

1. Understand the difference between heat exhaustion and heat stroke. The first aid is different for each.
2. Do not ever leave a child or a pet in your car in the spring or summer in Arizona. Not even for a minute. Not even with the windows open.
3. Every year children and pets die in Arizona in cars. Please take tip #2 above seriously.

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SUN

The sun plays a huge factor in summer accidents and illnesses. Sunburn and sunstroke victims are treated daily in hospitals and clinics across the country, and in nearly all of the instances could have been avoided. Sunscreen is an essential deterrent for serious sunburns, which can result in conditions leading to dermatological problems or even skin cancer. Don’t rely on clothing to provide S.P.F. protection! Most clothing isn't made with the correct fibers to prevent the sun's rays from reaching the skin. It is also advisable to wear sunscreen on cloudy or hazy days.

Food Poisoning

Summer gatherings are noted for being among the highest rated incidents of food poisonings. Improperly stored and improperly chilled foods--often left open to the heat and the air for long periods of time--are typically the culprits. Food needs to be refrigerated if not being used immediately. And no foods should be left in direct sunlight--especially anything containing meat or milk products. There are many innovations for prolonging the life of picnic foods. Some food

storage options come with special compartments for ice or freezer packs. If these aren't readily available, move the food inside and keep chilled until ready to serve. Keep picnic food in iced coolers until it is time to eat. Food poisoning symptoms often come on suddenly, manifesting as severe flu symptoms. If you think you or anyone with you is experiencing these symptoms, seek medical attention at once.

Babysitters

Babysitters should be made aware of the emergency telephone numbers and where they are posted. On a babysitter's list be sure to include your telephone number and street address, as they won't be second nature to him or her--especially in the event of an emergency. In addition to this information, always leave phone numbers where you may be reached and the number of a close neighbor or friend who could step in for you during your absence. In homes with swimming pools, it is best not to allow swimming while children are in the care of a babysitter, unless he or she is certified in swimming and lifesaving techniques by the American Red Cross or the Y.M.C.A.

Poisioning

Syrup of Ipecac is necessary in the event of accidental poisoning. However the National Poison Control Hotline recommends calling a hotline or emergency room first, before administering ipecac to induce vomiting. The Consumer Product Safety Council runs a hotline that dispenses information regarding poisonings at 1-800-638-1771. Their teletype service may be reached at 1-800-638-8270.

Summer Safety on Wheels

Help kids keep an eye on safety skills as they roll through summer

Gear Up!

Promote children's chart-reading skills while stressing the importance of strapping on safety gear. Copy the safety chart from the Letter to Families Reproducible onto chart paper. Display each listed piece of safety gear with the chart. Then have students use the chart to find the recommended or required gear for each activity. Ask a volunteer to put on and model the appropriate gear, then guide the class in a discussion about how it protects against injuries during accidents. Afterward, have children illustrate themselves (in full safety gear, of course!) engaged in their favorite wheel activities.

Terrain Test

Rough, uneven, or slick surfaces can cause many wheel activity accidents. To determine the best—and safest—surface to travel on, have students use the scientific method for this experiment. Spread aquarium gravel on the bottom

of a large, flat tray to represent a rocky terrain. Give children a toy car and ask them to predict what will happen when it is rolled over the gravel. Have them write their observations. Repeat the experiment simulating a variety of terrain with materials such as sand, small sticks, and leaves. Finally, have children wipe the tray clean and roll the car across its smooth surface (representing pavement). Compare and discuss the results. Which type of terrain provides the best surface? Why?

Hands-On Signals

Hand signals are used by bike-riders to communicate the intention to change direction or stop. Show children how to make these easy-to-learn signals with their left arms, as shown. Then have them practice using the signals as they move around the classroom, the playground, and the school building. You might even plan silent mystery walks to different locations, using only the signals to give directions to students along the way.

"Wheeling Around" Word Wall

Create a scenic word wall to reinforce children's knowledge of safety signs and rules. Have students brainstorm a list of safety words related to wheel activities (including words for safety gear, such as helmet and kneepads). Then invite them to illustrate bulletin board paper with a park scene illustrated with paths. Next, ask them to design and cut out skateboards and roller blades, leaving space on their creations to write safety-related words. Have children attach their labeled cutouts to the scene. Encourage them to refer to the word wall in class discussions, writing exercises, and other activities related to safety on wheels.

Signs For Safety

Help children recognize and comprehend safety words and symbols. Display and review common safety signs such as "Stop," "Do Not Enter," "One Way," "Yield," "Caution," "Exit Only," "Enter," and the symbols for a traffic light, pedestrian crossing, railroad crossing, bike, roller blades, and skateboard. Also include the symbol for "No" (a circle divided by a diagonal bar). Have each of several small groups create a few of the reviewed signs. Have children glue craft sticks to the back of their signs for portability. Then tape paths on the floor of a large open area to create roads that intersect, merge, and end. Station children with the appropriate signs at different locations along the roads. Invite the remaining students to take turns pretending to ride bikes on the roads. As they wheel along, ask them to read and obey the safety signs on their route. Rotate student roles so that each child has a turn holding a sign and walking the route.

Helmet Design Challenge

To set students' critical and creative thinking in motion, challenge them to design and draw a safety helmet for their preferred wheel activities. Next, ask them to write about the safety features of their helmets and then share these ideas with the class.

Boo-Boo Graph

No matter how safe children are while they are wheeling around, cuts and bruises may still happen. Create a graph with the headings "Bicycle," "Roller

Blades," "Skateboard," and "Scooter." Poll students to find out how many have experienced a tumble or two from these activities. Have them affix an adhesive bandage in the column for each scrape received for each activity. Then use the graph to compare the number of boo-boos per activity to determine which one involved the most mishaps, and to find the average number of boo-boos for all of the wheel activities. Conclude by reviewing with your class the basic care for minor injuries, such as cleaning cuts with soap and water, applying first-aid cream, and protecting them with an adhesive bandage.

Special Announcements

Spread the news about making wheel activities safe with student-created announcements. Begin by having children research books and Web sites (see Wheeling Around Resources) to learn about safety practices, rules, and etiquette for their preferred wheel activities. Group children with similar interests to create public service announcements that promote safety for their chosen activities. On a designated day, have students present their announcements to other classes or the school.

Around and Around

Use this game to help children learn the basic safety rules for riding. Use chart paper to copy the sentences for the acronym AROUND from the Around and Around Mini-Reproducible. In addition, cut each sentence into separate slips of paper, fold the papers, and put them in a bicycle helmet. Gather students in a circle and review the safety rules. Then explain that you will play a selection of music as students pass the helmet around the circle. When the music stops, the child holding the helmet removes a slip of paper and reads the rule. If the rule matches the first rule on the chart, A, the child attaches it next to the A. If the rule does not match, the child returns the folded paper to the helmet and play resumes. Play continues in this manner until children match all the safety rules, in sequence, to the acronym on the chart. When completed, lead students in a choral reading of the rules. Students can use the reproducible as a bookmark or hang it in a convenient place as a reference tool.

Top 10 Tips by *FIREMAN Kiurski*

The summer months bring about many hazards for those we are sworn to protect. According to the National SAFE KIDS Campaign, summer is THE most dangerous time of the year for kids. Due to school being out, the summer months normally mean there's more time for children to spend outdoors without adequate supervision. This situation often leads to more injuries and deaths in children.

I encourage fire safety educators to seek out opportunities to educate their citizens during the summer months, and include some seasonal topics. The summer months are a great time to shift gears from traditional school-based programs to a more non-traditional

teaching style. Try holding classes at the library, area pools, and community centers. Consider including information on seasonal topics pertinent to the summer months. A sample list of topics follows.

1. Barbecues

In 1998, there were 6,100 reported fires involving gas and charcoal grills in the United States. Keep in mind, the reported number may be lower than the actual number of fires that really occurred. Supervision is a key element in the area of the barbecue. Children need to be reminded to stay clear of barbecues that are in use, and should be refreshed on the "Stop, Drop, and Roll" behavior in the event that their clothes catch fire. Adults should be reminded 1) to leave space on all sides of the barbecue to keep the radiant heat from spreading to siding or other combustibles; and 2) grilling in enclosed areas such as garages should be avoided due to a possible carbon monoxide buildup.

2. Fireworks

The safest suggestion for fireworks is to leave them in the hands of the professionals. Enjoy a public fireworks display from a distance of at least 500 feet away. Never let children handle or light fireworks, not even sparklers. Many people tend to think that sparklers aren't dangerous since they do not shoot or give a loud report; however the flaming end of the sparkler burns at over 1,000 degrees Fahrenheit.

3. Camping

Encourage the use of flame-retardant tents, and show the labeling to look for that indicates that the tent is flame-retardant. The tent should be set up away from the campfire, and the campfire should be completely extinguished when going to bed or leaving the campsite. The campfire area should be cleared of combustibles, with buckets of water and shovels on hand in case of problems. Only flashlights or battery-operated lanterns should be taken inside the tent at night.

4. Bicycling

We should let our audience know that bright colored clothing shows up best when riding, and a properly fitted bike helmet can reduce the chance of serious head injuries by 85%. Check your bike "A,B,C's" before heading out – Air in the tires, Brakes, and Chain riding in the sprocket. Review hand signals, ride in the direction of traffic and Stop and look left, right, then left again before heading out from an intersection.

5. Vehicles

Children should ride in safety as they head out this summer. Safety belts, booster seats and child seats should be used as necessary. Have the adults find out where to go to get their child and booster seats checked by a technician to see if they have been installed properly. Remind your audience to pull to the right and stop for lights and sirens.

6. Lawn mowers

If cutting the grass is on your summertime list, then dress the part. This includes long pants and heavy-duty

shoes. Daytime is best for the chore, and dry grass makes the job go better. The area should be cleared before starting up the lawn mower, and a visual inspection should take place every time you mow. The visual inspection should include checking settings, inspecting bolts and cables, and making sure the gas tank is full before starting the mower.

7. Pools

Here also, supervision is the key. Always swim with a buddy, and make sure a telephone is nearby in case an emergency call must be made. Many groups offer swimming classes, and children should be encouraged to learn to swim proficiently. The backyard pool should be fenced in to keep neighborhood toddlers from accidentally falling in. Life rings and long-handled items should be kept by all pools to reach those in trouble.

8. Boating

Simply put, when going on a boat, wear your "boat coat" – a properly fitted life preserver! Plan for emergencies in advance by taking along a radio, telephone, first aid kit and fire extinguisher.

9. Sunny weather

When the mercury rises, we must take extra precautions when going outside. Sun block of at least SPF 15 should be used on children going out in the sun. Have kids wear a hat with a wide brim to protect their faces, and look for shatterproof UV sunglasses for them to wear outside.

10. Lightning

Two-thirds of all lightning strikes happen in June, July, and August. When outdoors and you hear thunder, take shelter. Get away from water, avoid open spaces, hilltops, tall trees, and wire fences. If inside, stay away from open doors and windows and don't use the telephone.

There you have it, 10 summertime items to discuss at your sunny safety talks. Have fun with them, and educate your citizens.

Five Tips for Summer Car Safety

Your Car Will Be a Hot Car

On the previous page, we discussed why some unusual precautions should be taken with your car when you live in a hot climate. We made special mention of the impact of heat on children and pets. Please take it seriously! Now we are ready to advise all you newcomers (and some of you who have been here a while) about how to be prepared when driving around in the heat.

Five Tips About Hot Cars

1. Park in the Shade
Too obvious? Walk a few extra steps if you see a tree nearby. Be aware, however, that trees mean birds, and you may have debris or bird droppings on your car when you return. If you can't

park in the shade, pick the best direction. Say you're at the mall at 3 p.m. Which is the best way to park? The sun sets in the west, so you don't want to be facing west.

Try to park in the direction where the sun will be shining on your rear window or passenger side for most of the time it will be parked.

2. Window Tinting/Sunshades
Mitigate some of the effects of the sun by having your windows tinted. Arizona's laws regarding window tinting are not as strict as the window tinting laws in many other states. Basically, Arizona law says that the front side windows must allow at least 35% of light to pass through the tint. If window tinting isn't in your budget right now, then you can eliminate some of the heat by purchasing a windshield sunshade that you place on the inside of your windshield when you leave your car. This prevents the sun from beating on your dashboard and steering wheel. Dashboards don't like the sun or heat. If you don't cover them, they will fade and crack. Steering wheels, of course, get extremely hot, cause burns to the touch, and cause unsafe driving when you can't really grip the wheel. There are also removable side window screens, if you have passengers in the rear who want a little relief from the sun on long road trips.

3. Service Your Vehicle
In hot dry climates, cars need special care. Frequent oil changes and belt checks are a must. Batteries die faster than everyone thinks they will. Make sure fluids are full.

4. Items You Should Have in Your Car
Common sense says that you should always have a spare tire and a first aid kit. Here are some additional items that you might not think of if you aren't used to living in a hot climate.

- Extra water, for drinking and/or for the car.
- Steering wheel cover. A cloth cover (not leather) make allow you to comfortably handle the steering wheel after the vehicle has been standing in the sun. You can also use a small towel or handkerchief. If you don't have a windshield sunshade, place the small towel on a leather seat before you leave the car so you can get in and sit down when you return. If you've never had the experience of sitting on leather when you're wearing shorts, and that car has been outside in 120 degrees for a couple of hours....ouch!
- Snacks, such as granola bars or small bags of crackers.
- Cooler or insulated shopping bag. If you are shopping and you have a bit of time before you can get home, a cooler with an ice pack or insulated shopping bag will keep those frozen items from melting, or that fresh fish safe, before you get there.
- Cell phone, so you can call if you get lost or get into trouble.
- First aid kit. Items you should consider include ice packs, ace bandages, wrist brace, sunscreen, tweezers, x-acto blade, batteries, (girl stuff), and various meds like Benadryl or Motrin.
- Emergency kit. Items you should consider include a flashlight, flares, jumper cables, blanket,

extra clothes and gloves, paper towels, and some basic tools like wrenches, a ratchet and sockets, screwdrivers and pliers.

5. Items you Should Not Have in Your Car

Think about it--does it make sense to buy a milk chocolate candy bar and leave it in your car in the heat? Believe me, no matter how smart we all think we are, at one time or another we've been dopey and left something we shouldn't have in the car. Hopefully, there wasn't a large cleaning bill as a result.

- Milk and other dairy products.
- Anything packaged under pressure, like hair spray or soda pop.
- Tapes, CDs, or DVDs.
- Sunscreen in a bottle. Buy little packets or towelettes.
- Crayons, candy, gum, lipstick.
- Credit cards or other cards with magnetic strips on plastic.
- Cleaning solutions with alcohol or ammonia.
- Anything that didn't have a decent smell before it reached 115 isn't going to smell any better after it's been left exposed in direct sunlight all day.
- After shopping, check your trunk carefully to make sure nothing has fallen out of the grocery bags. You really don't want to find those eggs or that salami a week later.

Summer Fun - Summer Safety for PETS

Stay Cool. Stay Safe.

Winter where you are? Check out the Winter Safety article.

Time to get out with the family (and likely a family pet or two) and enjoy recreational activities. The purpose of this article is to serve as a reminder of summer dangers for pets, so that all of the fun isn't spoiled by an unsuspected emergency or illness.

Heat Stroke

Most people are aware that leaving a pet in a locked car on a 100F degree day would be dangerous. However, it is the seemingly mild days of spring (and fall) that pose great danger, too. Driving around, parking, and leaving your pet in the car for "just a minute" can be deadly. An 85 F degree day can heat up the interior of a car to 120-130 F degrees in 30 minutes or less - even with the windows cracked. (*source: Animal Protection Institute*)

Avoid Heat Stroke - How to Help

Order the "Your Dog May Be Dying" flyers from the Animal Protection Institute to put on cars that have pets in them to alert the owners. (***Note:*** *if you see pets or children in cars on warm days, please take action and call the police or fire department - time is critical.*)

Jogging is also dangerous this time of year. So your dog jogs everyday with

you and is in excellent shape - why alter the routine? As the weather warms, humans alter the type and amount of clothing worn, and we sweat more. Dogs are still jogging in their winter coat (or a slightly lighter version) and can only cool themselves by panting and a small amount of sweating through the foot pads. Not enough! Many dogs, especially the 'athletes' will keep running, no matter what, to stay up with their owner. Change the routine to early morning or late evening to prevent heat stroke.

Consider your pet's **housing**. If they are kept outdoors, do they have shade and fresh water access at all times? I have treated one case of heat stroke in a dog that did indeed have shade and water while tethered under a deck, but had gotten the chain stuck around a stake in the middle of the yard -- no water or shade for hours. If you live in a warm climate, it is a good idea to hose down the dog before work, at lunch or whenever you can to provide extra cooling (if you dog is not over heated in the first place).

Signs of heat stroke include (but are not limited to): body temperatures of 104-110F degrees, excessive panting, dark or bright red tongue and gums, staggering, stupor, seizures, bloody diarrhea or vomiting, coma, death. Brachycephalic breeds (the short-nosed breeds, such as Bulldogs and Pugs), large heavy-coated breeds, and those dogs with heart or respiratory problems are more at risk for heat stroke.

If you suspect heat stroke in your pet, seek Veterinary attention immediately! Use cool water, not ice water, to cool your pet. (Very cold water will cause constriction of the blood vessels and impede cooling.) Do not aid cooling below 103 F degrees - some animals can actually get Hypothermic, too cold. Offer ice cubes for the animal to lick on until you can reach your Veterinarian. Just because your animal is cooled and "appears" OK, do NOT assume everything is fine. Internal organs such as liver, kidneys, brain, etc., are definitely affected by the body temperature elevation, and blood tests and veterinary examination are needed to assess this. There is also a blood problem, called DIC (Disseminated Intravascular Coagulation) that can be a secondary complication to heat stroke that can be fatal.

Water Safety
Many people head for the lakes and rivers this time of year, and the family dog is often part of the fun. However, not all dogs are excellent swimmers by nature. Especially if Fido has underlying health problems, such as heart disease or obesity to contend with. Consider protecting your pet just as your human family -- with a life preserver. If your pet is knocked off of the boat (perhaps getting injured in the process), or is tired/cold from choppy water or sudden storm, a life jacket could be what saves your pet's life.

Antifreeze
is actually a year-round hazard. With the warmer temperatures of summer, cars over heat and may leak antifreeze. (This is the bright green liquid found oozing from that car with the engine fan on.) Also, people change their antifreeze and may spill or leave unused antifreeze out where pets can access it. Antifreeze tastes sweet and is inviting to pets (and children). It is also extremely toxic in

very small amounts. Call your Veterinarian (or Physician) immediately if any ingestion is suspected. A safe alternative to Ethylene Glycol antifreeze is available, it is called propylene glycol, and while it does cost a small amount more than 'regular' antifreeze, it is worth the piece of mind.

Summer Travel
Finally, if you are traveling outside of your normal Veterinarian's locale, it is wise to check out the Veterinary clinics/hospitals in the area that you are visiting, before the need arises. It is better to be prepared for an emergency and not have one happen than to panic in an emergency situation, wasting valuable time.

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Vehicle safety tips prior to the long trip

Safety Rules for Automobile Self-help

Okay, it's a given that when you work on your vehicle you are going to get grease on your hands and most likely break a fingernail. Along with this there is the risk involved with working on a car.

Common sense is the greatest tool in making an inspection and performing repairs. You need to know how to fix something before you try to fix something. Would you want your doctor to perform a heart bypass on you if he doesn't know how to do it?

Here are some common sense guidelines you should follow when you work on your vehicle.

1. Explosions and fires. Batteries emit hydrogen gas and gasoline fumes are extremely flammable.

   So don't smoke while working on the vehicle or even just opening the hood. Can you imagine what would happen if a high-pressure fuel leak hits you in the face while a cigarette is hanging from your lower lip? I'll wager it will ruin your whole day.

   Keep a small fire extinguisher rated for the combustible materials you'll be working with, handy when you're working on your vehicle, especially if you are working on the engine.

2. Poison gas. When I took NBC (Nuclear, Biological, Chemical) warfare training, the instructor gave us some sage words of advice. "When you see the gas cloud coming towards you, stop breathing and don your protective mask." The exhaust from your vehicle contains a high amount of carbon monoxide. This is an invisible, insidious gas that kills slowly.

   When you breathe it in, your red blood cells think it's oxygen and absorb it, effectively asphyxiating you. So if you are working on your car, do not run the engine in an enclosed space. If you start to feel tired or sleepy, get into the fresh air immediately. And if you are driving down the road and smell exhaust gas, open all the windows immediately.

3. Batteries contain sulfuric acid as well as emitting hydrogen gas. Both can cause a battery to explode if an ignition source is close by. Wear protective gloves,

I use latex examination gloves, when you work on the battery and keep cigarettes and other sources of ignition well away.

4. Batteries have a lot of amps in them. They can give you shocks and cause a fire. If you are doing any work on the fuel system or fuel lines, disconnect the negative battery cable. The negative cable can be identified by the black color and large minus (-) on the battery case next to or near the negative terminal. Always disconnect the negative cable first.

   A technician I once worked with was taking off a positive cable when the wrench slipped and touched the negative terminal. Every single amp that battery had was trying to cross that wrench and actually welded his wedding ring to his finger. The doctors couldn't save either the wedding ring or his finger.

5. Jump-starting a vehicle can cause a voltage spike or spark creating a fire hazard. You need to connect the cables in the proper order. Connect the positive **(+)** terminal of the donor vehicle to the positive **(+)** terminal of the recipient vehicle. Then connect the negative **(-)** terminals to the frame or engine block before starting either vehicle.

   Make sure the keys are not in the ignitions of either vehicle since a voltage spike could severely damage electronic control units.

6. There are a lot of things on the engine that get very, very hot. Exhaust pipes, mufflers, manifolds and radiator hoses can all cause severe burns. If you have to work on a hot engine be very careful and wear heavy gloves to prevent burns.

   NEVER EVER remove the radiator cap from a hot engine all in one turn. Place a heavy cloth over the radiator cap, wear your heavy gloves and SLOWLY open the cap to the first indent. When the steam and fluid have stopped, wait another minute and remove the cap completely. When you do this look anywhere except directly at the radiator cap.

   I had to take my neighbor from across the street to the hospital when he came running into my garage, blinded by a face full of hot engine coolant. He still has the scars on his face from it.

7. Do not wear any loose clothing while working on an engine. Neck ties, necklaces, loose shirt cuffs, jewelry frilly blouses and long hair can get caught in moving parts and pull you in. Men, take off your jackets, ties and roll up your sleeves. Ladies, well... do the best you can. It's also a good idea to wear a good pair of heavy steel-toed boots. As for hats, ones with no brim are much safer then hats with brims.
8. NEVER EVER go under a car that is supported by a jack alone. There is a good chance the jack will fall, crushing you under the car. If you need to go under the

vehicle, make sure you support it with jack stands or ramps that are rated for the weight of your vehicle.

Do not use cinder or cement blocks. I have seen cement blocks break under the weight of a car. I have seen guys put plastic 5 gallon buckets under a car to support them. How stupid is that? Metal drums, bricks and 2x4's can slip and slide, causing the vehicle to come down.

9. Wipe up all spills as soon as possible. This will prevent you, or someone you love, from slipping and falling Oil, gas or some other leaking fluid can be very slippery, especially on asphalt.
10. Before trying to replace a flat tire, the vehicle must be as stable as possible. Try to get your vehicle on a hard, flat surface well away from traffic. Put an automatic transmission into PARK or a
11. Manual transmission into REVERSE.

Prior to jacking up the vehicle, put a 2x4, large rock, a brick or cheating boyfriends' head, whatever is handy, in front of one of the front wheels and in back of a rear wheel that is going to stay on the ground. This will keep the car from rolling away.

A good tip; remove the spare tire before jacking up the car. The less you jostle the vehicle, the less chance there is of it falling. Be even more careful on roads with a lot of tractor-trailer traffic. The air current created as they pass can have enough force to knock a vehicle off the jack.

11. If you have a breakdown with a vehicle still under warranty, do not attempt to make any kind of repairs. Call a tow truck and get it to the repair shop. If you try to repair something you could void the warranty and be stuck with a big repair bill.
12. You should not attempt to fix something unless you know what's wrong and how to fix it. Automotive first aid is only for roadside emergencies and very basic repairs. You should take your vehicle to the mechanic for any major surgery. You could very well make the problem worse then it was and wind up with an even higher repair bill because the mechanic had to fix your mistakes.
13. Cleaning fluids, such as gasoline, mineral spirits and certain other cleaning chemicals, used in making repairs have to be handled very carefully to avoid causing a fire. Thinners, fuel and other combustible chemicals need to be stored in tightly closed containers specifically designed to store those fluids.

In other words don't store gasoline in your urine sample bottle. Not only can it easily catch fire, but the lab technician will get some very strange ideas about you. Make sure the containers are properly marked and labeled.

14. You should keep all open flames and smoking materials well away from the vehicle you are working

on. Oily and greasy rags should be kept in a sealed container in a cool, dry place. Storing these rags in, for example, a hot trunk, spontaneous combustion could occur.

15. There are certain precautions you should take when using tools.
    a. Always use files with handles. Without a handle it is very possible for the pointed end of the file to be pushed into the palm of your hand. Of course files are files, not hammers, chisels or levers. Files are made of brittle, tempered steel that shatters when hit hard enough causing pieces to fly off, causing injury or loss of your eyesight.
    b. Make sure that the heads of your hammers or sledges are securely attached to their handles. Chisels with mushroomed heads should be dressed or thrown away to prevent bits of steel from flying off and causing an injury.

       I was working across from a guy who was pounding on a punch that had a mushroomed head. He hit it and a small piece of the head tore through my shirt and embedded itself in my stomach. It hurt. It hurt a lot.

    c. Whenever possible, pull the handle of a wrench towards you instead of pushing it. This reduces the possibility of skinned knuckles. If the jaws of a wrench spread or wear out, throw it away and replace it.
    d. If you are using air tools, **NEVER** point it at anyone, especially their face. The high-pressure air can blow dirt and debris at such a high speed that it will puncture skin or blow out eyes.

Aggressive Driving Can Lead to Road Rage

Many people who move to the Phoenix area tell me that they think we have very aggressive drivers here. Without any credible data to back it up, I will tell you that I believe there are two reasons for this:

1. The highways and city streets here are generally in excellent condition. It is not uncommon to find city streets that are six or more lanes across. Lanes are nice and wide, and there are no potholes. Most streets are straight. All of these factors lead to fast driving, which, to many, equates to aggressive driving.
2. The population of Arizona has grown tremendously over the past 20 years, with the largest number of 'immigrants' coming from California, which is known for having aggressive drivers and road rage incidents.

No matter where you are from, or where you live today, road rage and aggressive driving are important to understand, so you can do your best to keep away from situations that might involve an accident or worse.

What is Road Rage?

Road rage is defined as "an assault with a motor vehicle or other dangerous weapon by the operator or passenger(s) of another motor vehicle or an assault precipitated by an incident that occurred on a roadway." In order for an incident to be defined as road rage, there must be "willful and wanton disregard for the safety of others." In other words, road rage means that someone deliberately tried to harm you as a result of something that happened while you were driving your car.

What is Aggressive Driving?

Aggressive driving is defined as a progression of unlawful driving actions such as: speeding, improper or excessive lane changing, failing to signal intent, failing to see that movement can be made safely, or, improper passing (such as using an emergency lane to pass, or passing on the shoulder). Aggressive drivers know that you don't know who they are, so they feel like they have more power and can do as they please. They don't believe there will be consequences to their actions.

Signs of Aggressive Driving

You may not even be aware of it, but if some of the following items sound like you when you drive, you are probably an aggressive driver:

- Expressing frustration, cursing, yelling, gesturing to other drivers.
- Not paying attention. Eating, drinking, talking on the phone, reading while driving.
- Frequently changing lanes
- Running red lights
- Speeding

You can change these driving patterns by concentrating on the issue at hand--driving. Be calm, drive at the same speed as the cars around you (although this is not a legal excuse for driving too fast), take less congested or easier routes (making a series of right turns may be a lot easier than trying to make a left turn through six lanes of traffic), leave yourself enough time to get where you are going without driving like a maniac, and, if necessary, decide you'll be a little late and stay calm.

If you are confronted by an aggressive driver, your best course of action is to get out of his way. Swallow your pride, and let him do whatever he pleases, so he can get away from you. Resist the urge to not let him pass, or not let him merge. Do not make eye contact. You don't want to see any gestures he may be using, and you don't want to be tempted to return the sentiment. This back and forth is exactly what often leads to road rage.

According to the National Highway Traffic Safety Administration, there were more than 6 million vehicle crashes in 2001. We have no way of knowing how many of those were a direct result of either road rage, or aggressive driving, but it is safe to assume that many of these could have been avoided. We can also assume that if people drove less aggressively, that a significant number

of the more than 42,000 people who died in this country as a result of vehicle crashes (2001) would still be with us today.

BIKE SAFETY

Why Is Bicycle Safety So Important?
Bike riding is a lot of fun, but accidents happen. Every year, about 176,000 kids go to the emergency department because of bike accident injuries. Some of these injuries are so serious that children die, usually from head injuries.
A head injury means a brain injury. That's why it's so important to wear your bike helmet. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your head in case you fall down.
A Helmet How-To
Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). If your helmet doesn't have a CPSC sticker, ask your mom or dad to get you one that does.
Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your helmet fits you well, ask someone at a bike store.
Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. The straps should always be fastened. If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.
Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.
Many bike helmets today are lightweight and come in cool colors. If don't love yours as it is, personalize it with some of your favorite stickers. Reflective stickers are a great choice because they look cool and make you more visible to people driving cars.
Helmet On, Now What?
Riding a bike that is the right size for you also help keeps you safe.
When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground. There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between you and the top bar.
Here's a safety checklist your mom or dad can help you do:
Make sure your seat, handlebars, and wheels fit tightly.
Check and oil your chain regularly.
Check your brakes to be sure they work well and aren't sticking.
Check your tires to make sure they have enough air and the right tire pressure.
Be Seen, Be Safe!
Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. And if they see you, that means they're less likely to run into you.

You'll also want to make sure that nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces. Wear the right shoes - sneakers - when you bike. Sandals, shoes with heels, and cleats won't help you grip the pedals. And never go riding barefoot! Riding gloves may help you grip the handlebars - and make you look like a professional! But avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way.

// ORIGIONAL SIGNED//
JOHN R. COSTA